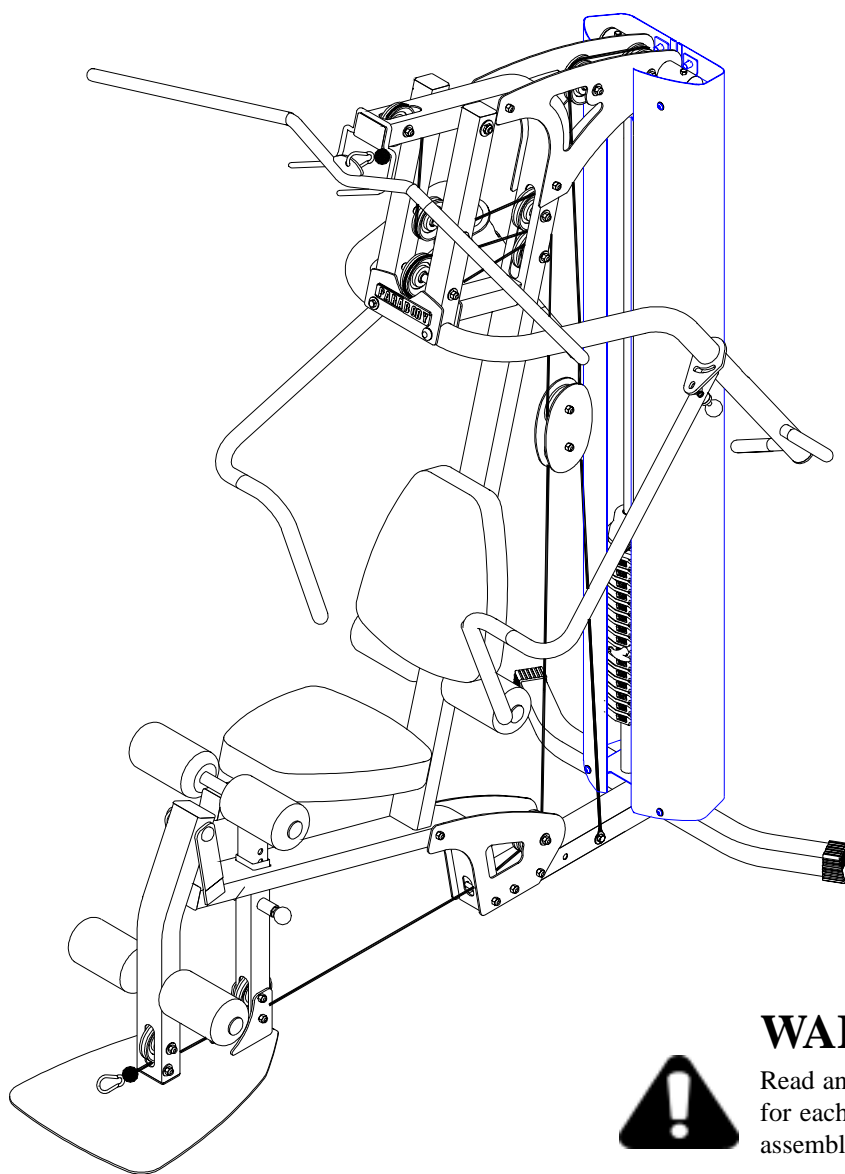


PARABODY®

220 SHROUD OPTION



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.



USER'S GUIDE

TABLE OF CONTENTS

Safety Statement.....	2
General Notes.....	3
Tools Required.....	3

Parts list.....	4
Assembly Instructions.....	4-5

IMPORTANT SAFETY INFORMATION



THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES!

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body and clothing free of all moving objects.
4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.
7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.
9. Children must not be allowed near this machine. Supervise teenagers.

NOTE: In a continual effort to improve our products, specifications are subject to change
© 2001 Life Fitness, a division of Brunswick Corporation. All rights reserved.
ParaBody is a trademark of Brunswick Corporation

IMPORTANT NOTES

Please note:

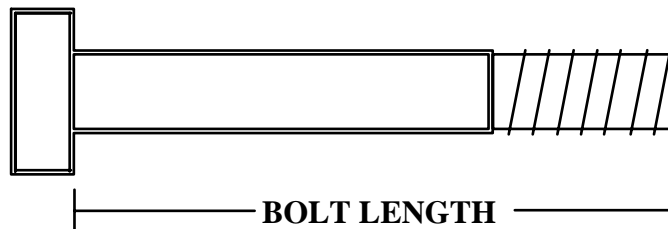
- * Thank you for purchasing the ParaBody 220 SHROUD OPTION. Please read these instructions thoroughly and keep them for future reference.
- * This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

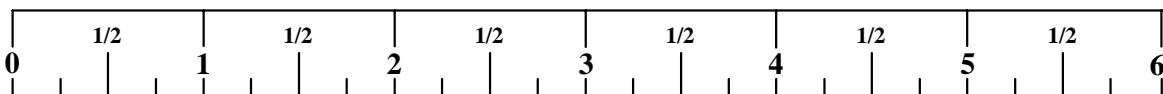
- * 9/16" wrench
- * Ratchet with 9/16" sockets
- * 7/32" Allen wrench

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



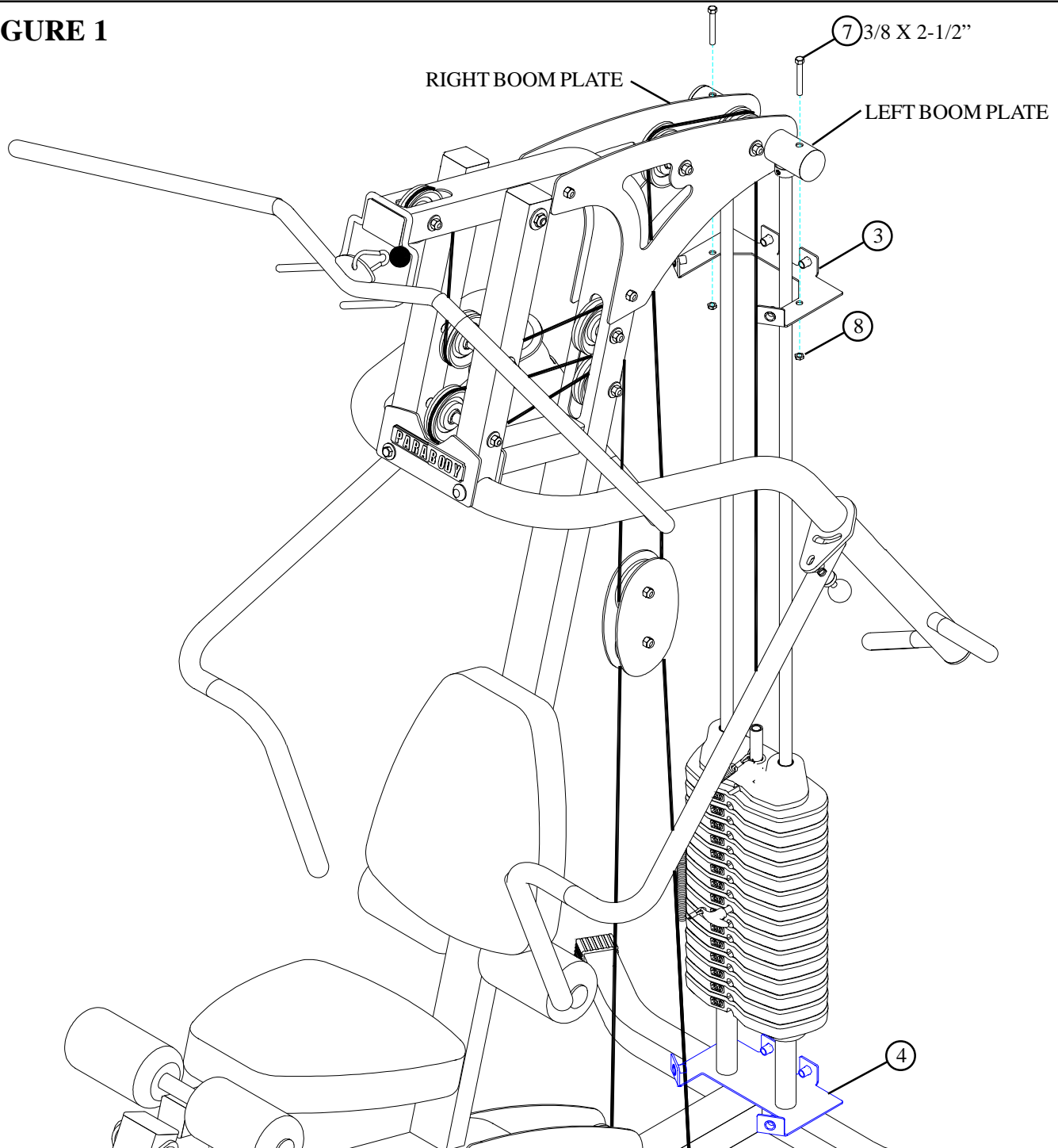
BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	7052208	LEFT SHROUD	1	5	3202401	3/8 X 1" BUTTON HEAD BOLT	8
2	7052108	RIGHT SHROUD	1	6	3228501	3/8" BLACK SAE WASHER	8
3	7114908	TOP SHROUD BRACKET	1	7	3102903	3/8 X 2-1/2" BOLT	2
4	7115008	BOTTOM SHROUD BRACKET	1	8	3102802	3/8" LOCK NUT	2

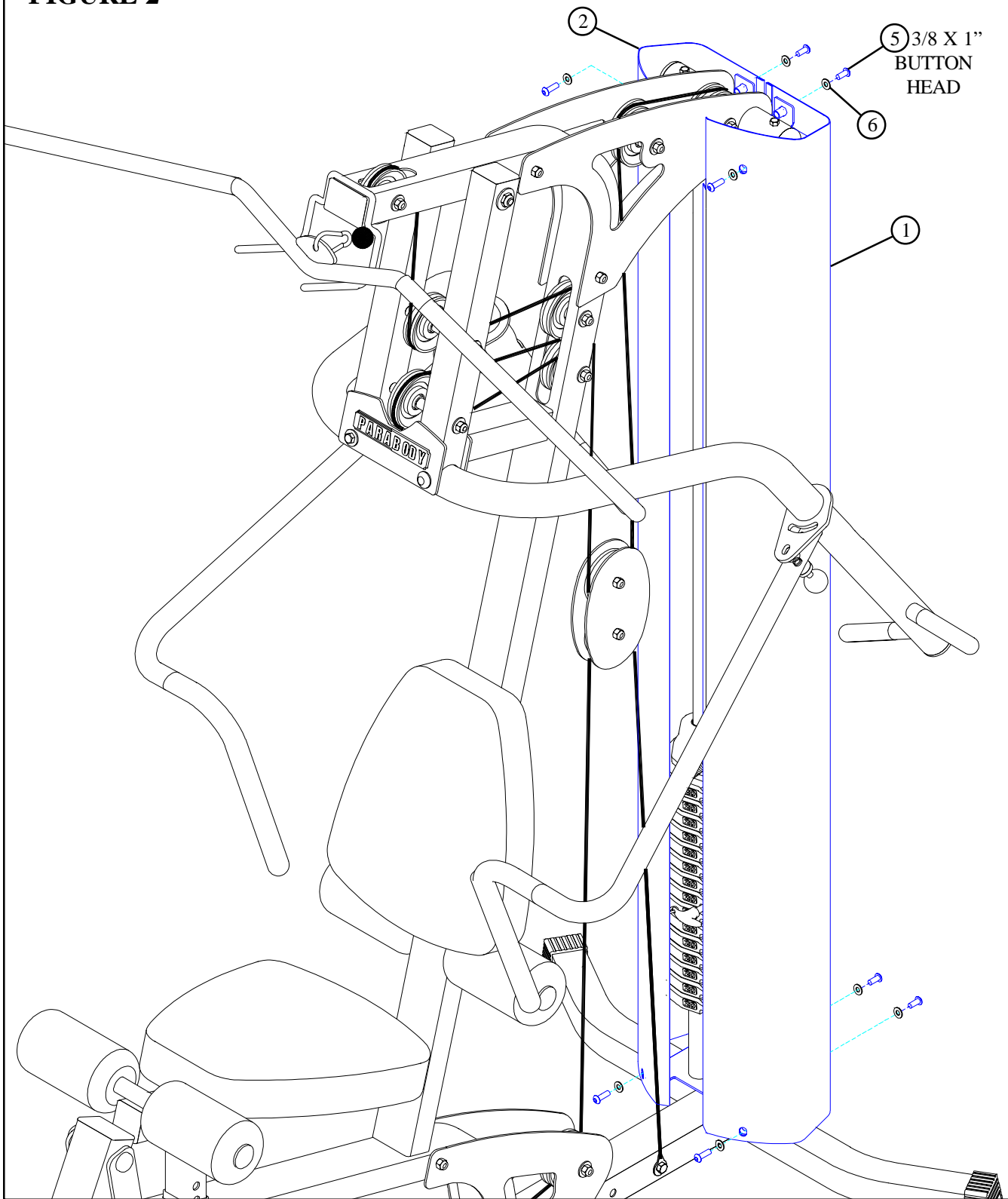
FIGURE 1



STEP 1:

- **SECURELY** assemble the TOP SHROUD BRACKET (3) to the RIGHT and LEFT BOOM PLATES using two 3/8 X 2-1/2" BOLTS (7) and two 3/8" LOCK NUTS (8) as shown in FIGURE 1. The BOTTOM SHROUD BRACKET (4) was previously inserted under the weight stack in the 220 ASSEMBLY INSTRUCTIONS.

FIGURE 2



STEP 2:

- **SECURELY** assemble the LEFT SHROUD (1) and RIGHT SHROUD (2) to the TOP (3) and BOTTOM (4) SHROUD BRACKETS using eight 3/8 X 1" BUTTON HEAD BOLTS (5) and eight 3/8" BLACK SAE WASHERS (6) as shown in FIGURE 2.
- This completes the assembly of the 220 SHROUD OPTION.

